

BIG

5

No. 12

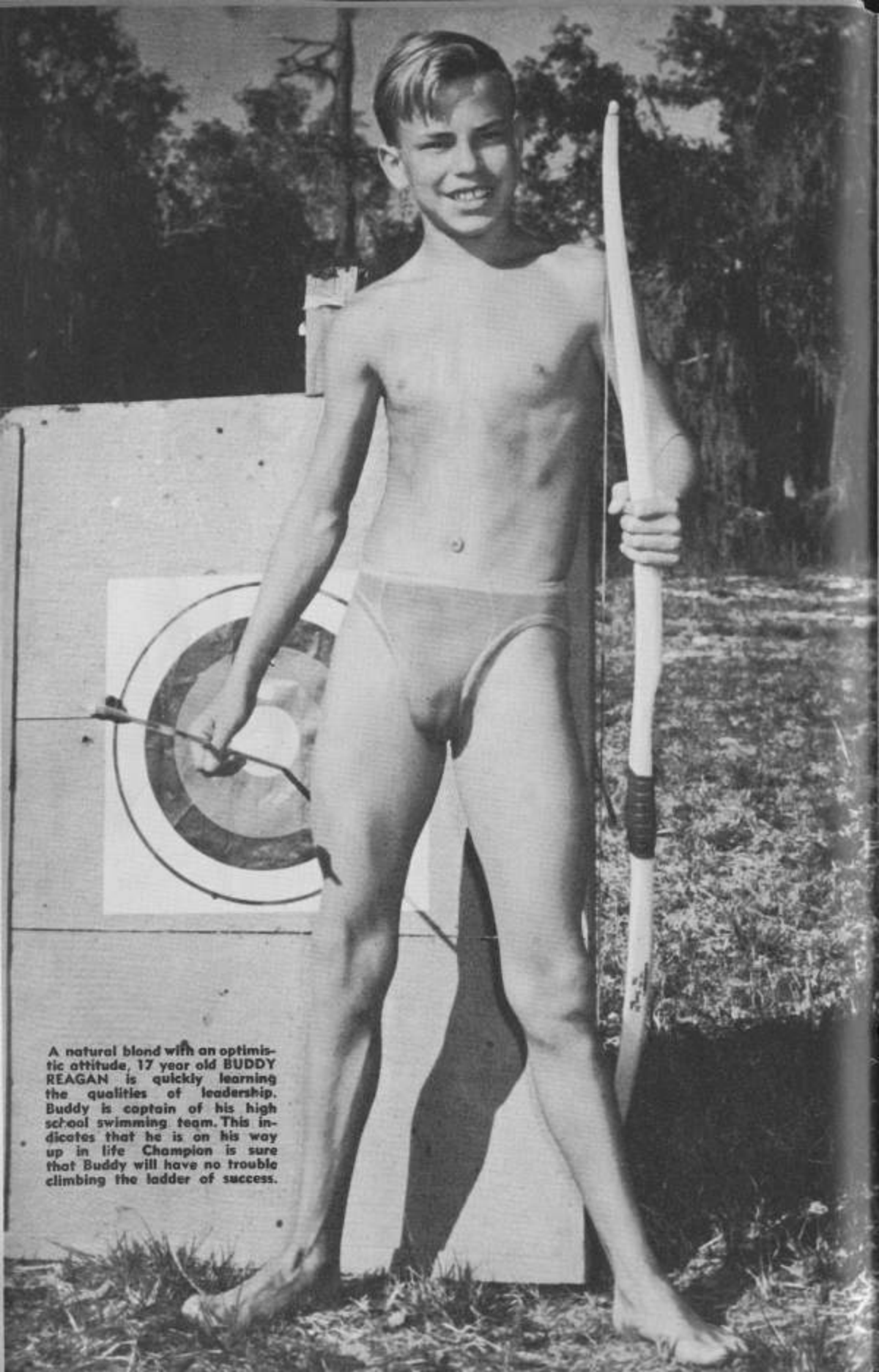
ACME

BUDDY
REAGAN
by
Champion



75¢

Instructive Text and Photos, ART - EXERCISE - HEALTH



A natural blond with an optimistic attitude, 17 year old **BUDDY REAGAN** is quickly learning the qualities of leadership. Buddy is captain of his high school swimming team. This indicates that he is on his way up in life. **Champion** is sure that Buddy will have no trouble climbing the ladder of success.

VOL. 5, No. 12

DEC. 1967

Eye of the



ARTIST

Eye of the



BEHOLDER



Eye of the



CAMERA

THE

BIG

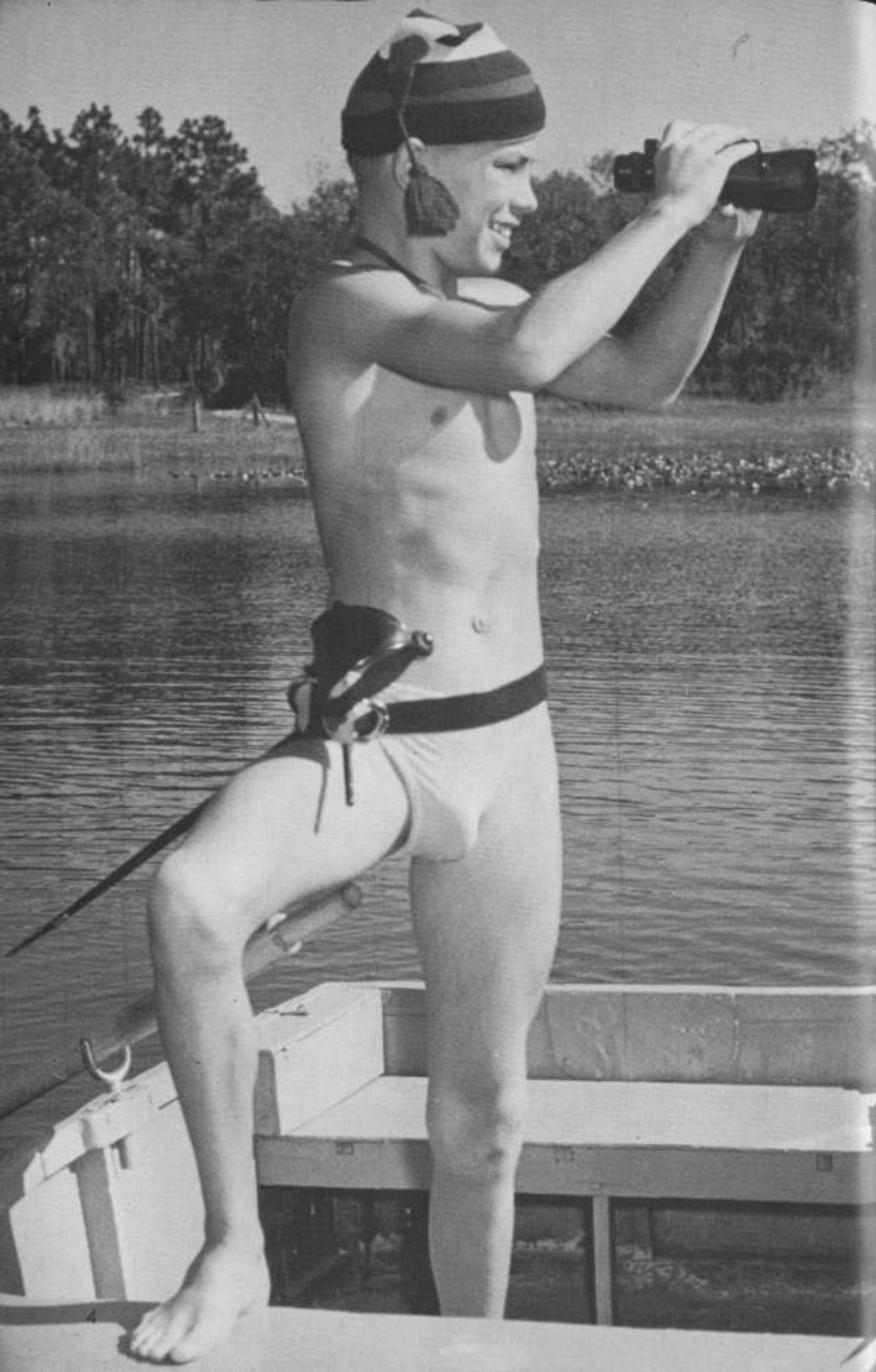
VIEW

**BIG's point of view should serve to inspire the development
toward perfection of mind, body and health.**

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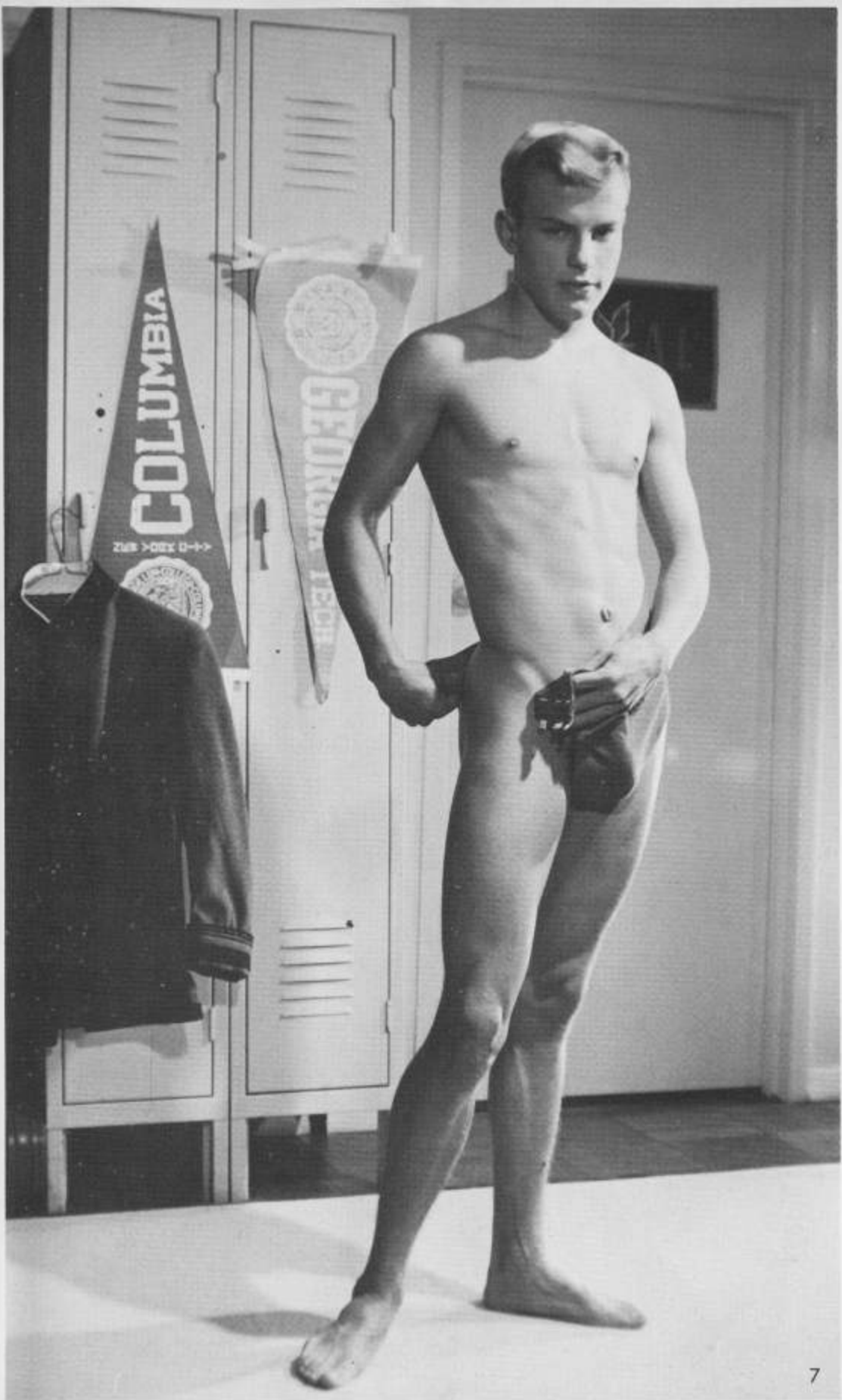


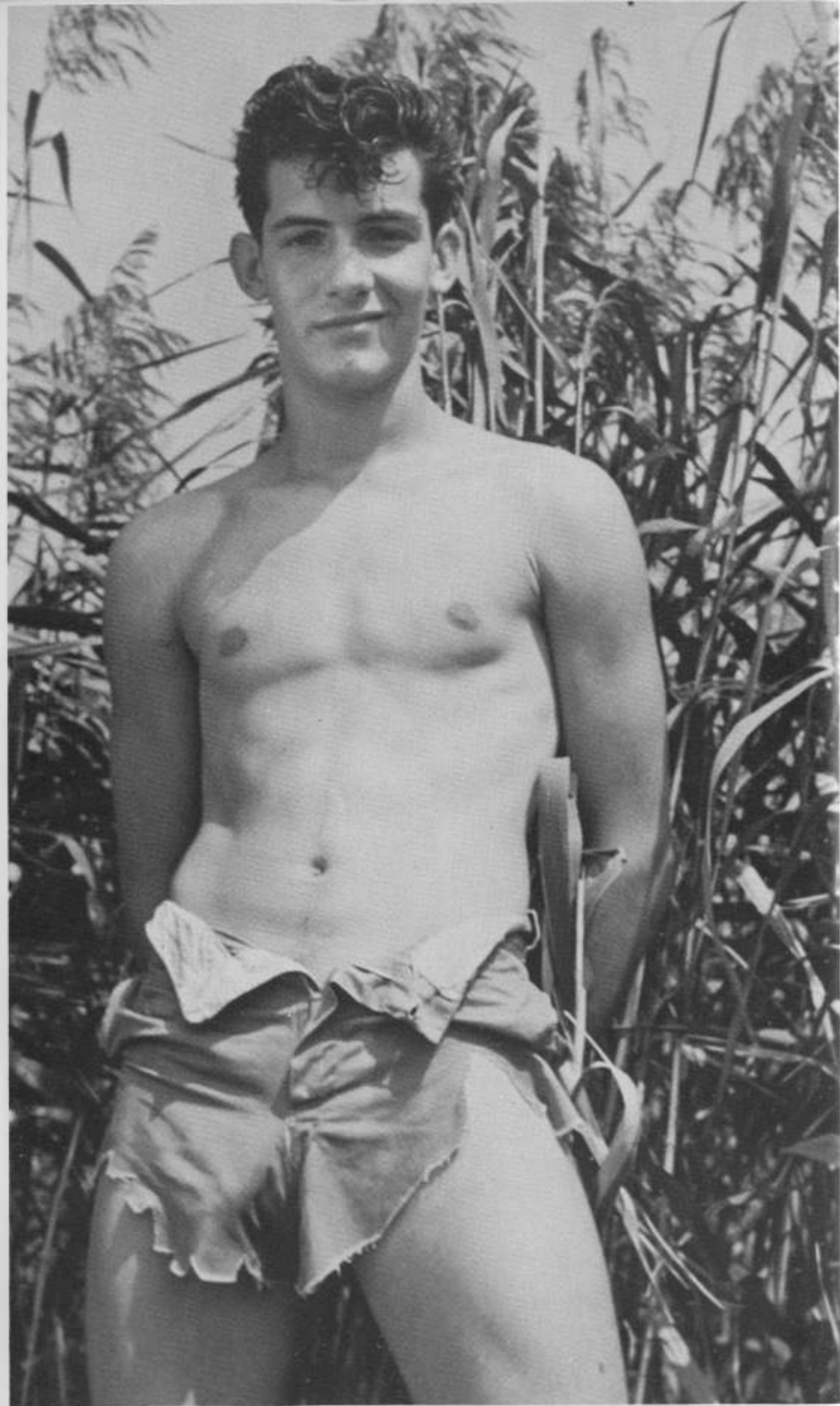
BUDDY REAGAN

by Champion





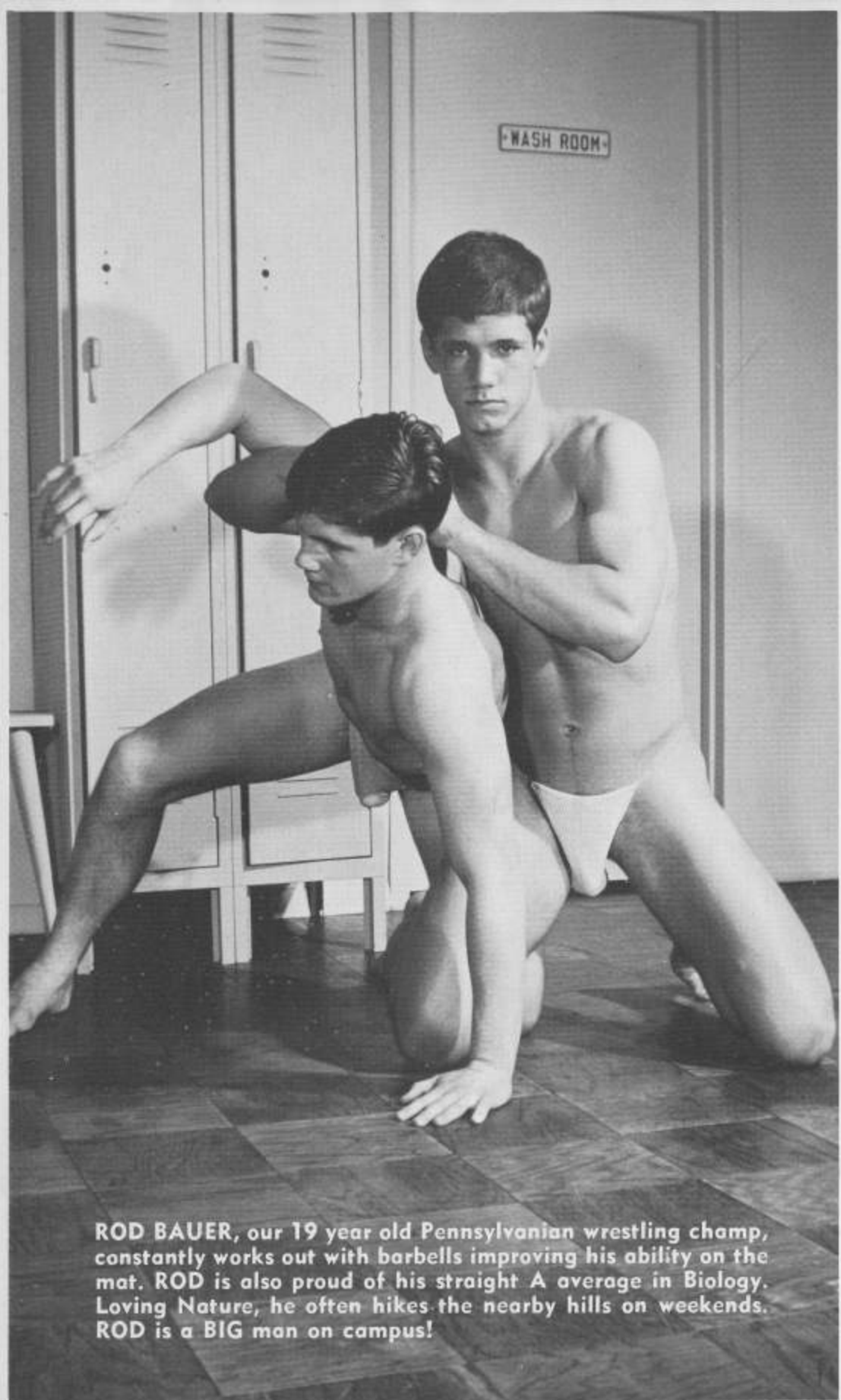




Darkly handsome and 16 years old, VINCE VITALE works at a local supermarket delivering groceries to the trade. He's a real "backwoodsman" at heart.

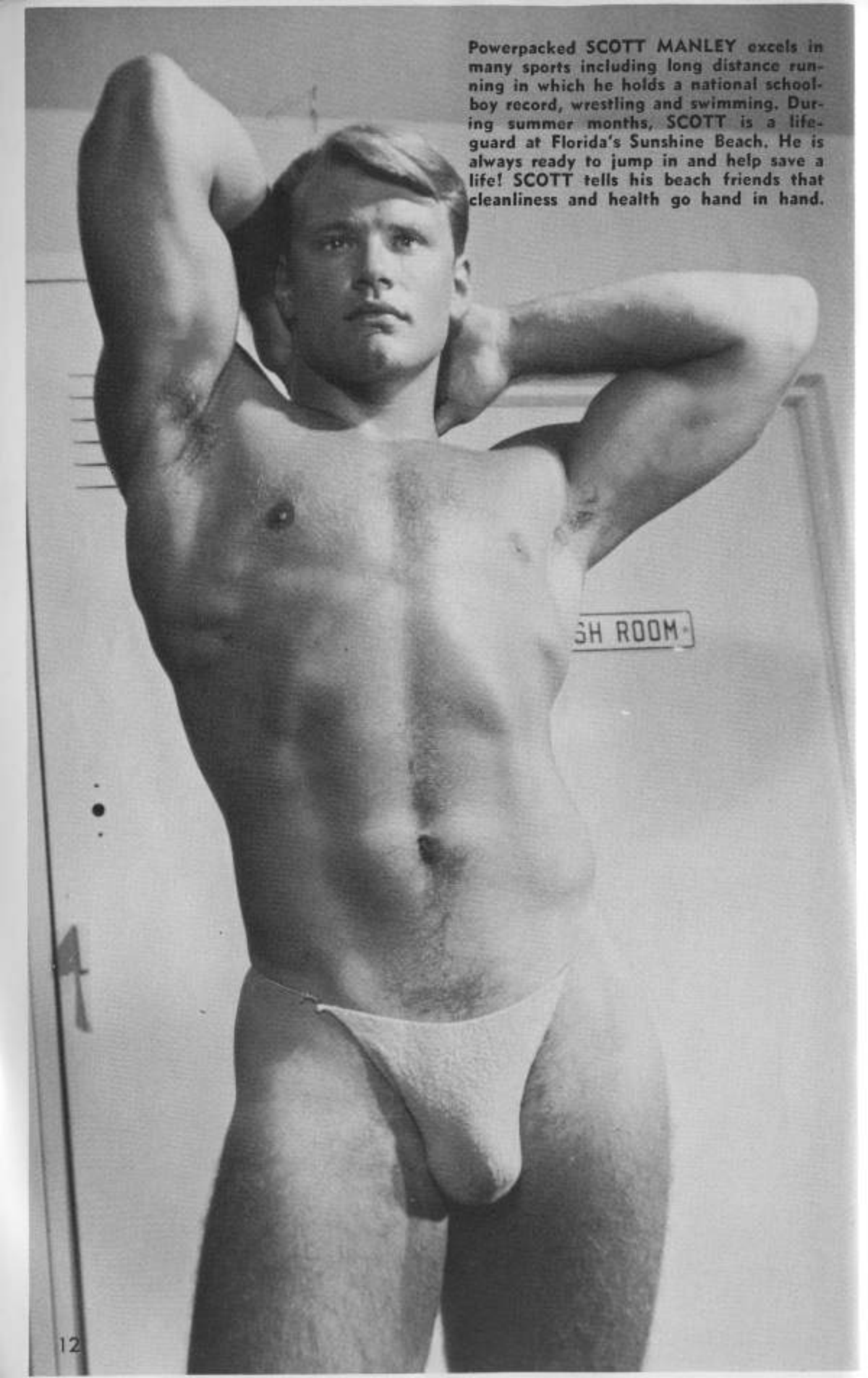






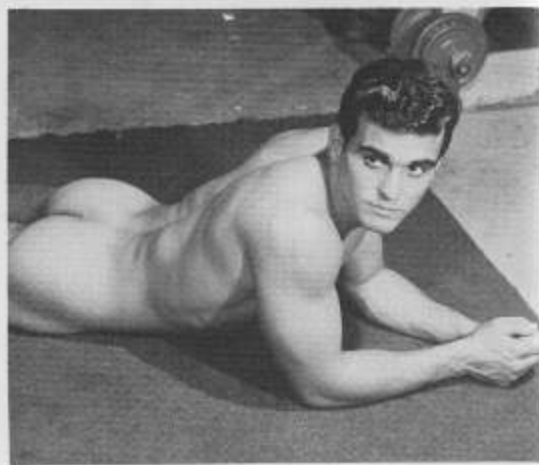
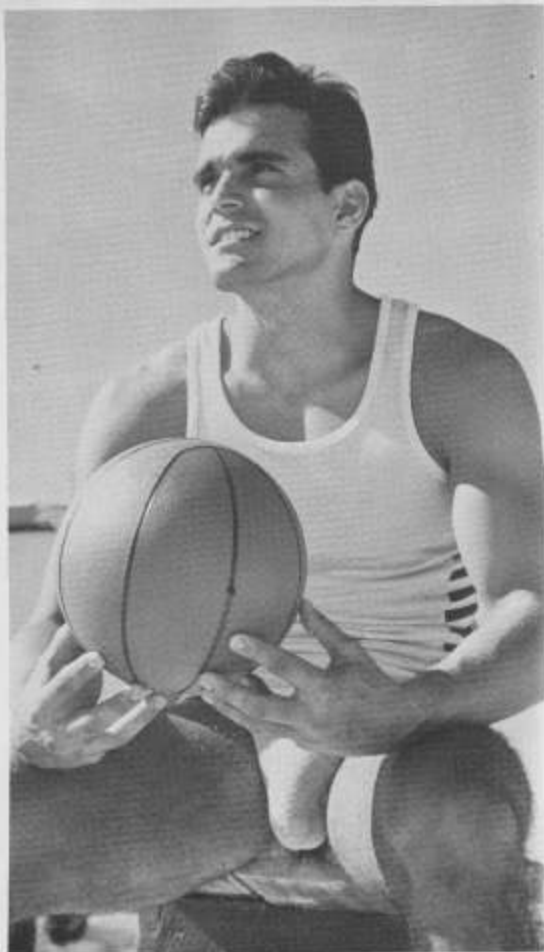
ROD BAUER, our 19 year old Pennsylvanian wrestling champ, constantly works out with barbells improving his ability on the mat. **ROD** is also proud of his straight A average in Biology. Loving Nature, he often hikes the nearby hills on weekends. **ROD** is a BIG man on campus!

Powerpacked **SCOTT MANLEY** excels in many sports including long distance running in which he holds a national school-boy record, wrestling and swimming. During summer months, **SCOTT** is a life-guard at Florida's Sunshine Beach. He is always ready to jump in and help save a life! **SCOTT** tells his beach friends that cleanliness and health go hand in hand.



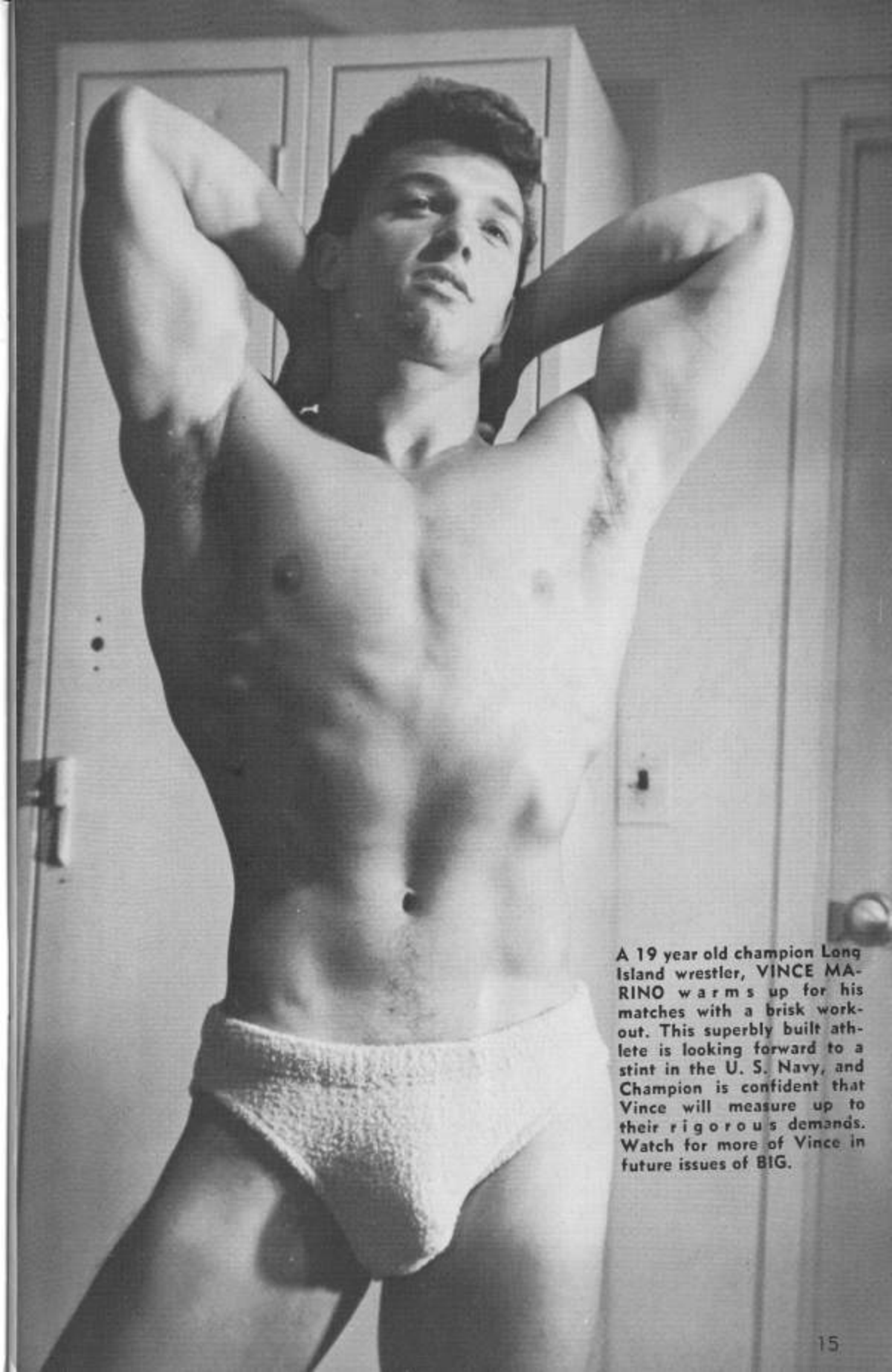
SH ROOM





HAWK-EYE, part French, part American Indian, answers the call of the wilderness at rustic Sunshine Beach, Florida where he is physical director. Hawk-eye scouts around increasing his great knowledge of Nature and will share his naturist discoveries with nudist friends. His profound concern for health and physical well-being has laid the foundation for his future studies in medicine.

Versatile **HAWK-EYE** practices his favorite shots, lay-ups and one handed jumps, in his spare time. He is always willing to teach the fundamentals of basketball to the young men at Sunshine Beach. But when they talk to him about newspaper clippings of himself, he quickly changes the subject. Hawk-eye already has a varsity letter from his college making him a very important **BIG** man on campus. Order his exciting selector catalog by **Champion**. See pages 36, 37.



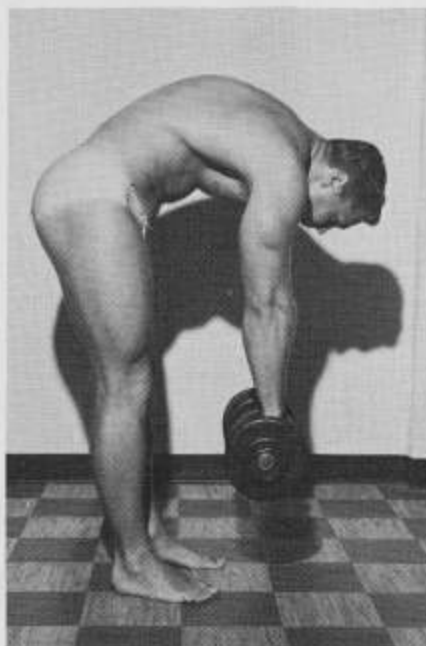
A 19 year old champion Long Island wrestler, VINCE MARINO warms up for his matches with a brisk workout. This superbly built athlete is looking forward to a stint in the U. S. Navy, and Champion is confident that Vince will measure up to their rigorous demands. Watch for more of Vince in future issues of BIG.

OH! MY ACHING BACK!

"Oh! My aching back."

Just how many people have cried out these words while suffering from a backache, is a matter for conjecture. According to research figures, one out of three people suffers from backaches at one time or another. Unless the back is in good condition, it is subject to many aches and on through life. The backache is probably the most common pain in the human body.

Following is a group of exercises designed to strengthen and increase the flexibility of the back and thus help keep it more youthful and vigorous for a long time to come.



1. THE INCORRECT LIFTING POSITION is illustrated here very clearly. Note how the back is bowed to a marked degree and the legs are held straight. Lifting objects in this position places a strain on the vertebrae and often causes some of them to dislocate. Lifting in this position places a strain also on the abdominal region which sometimes results in hernia.

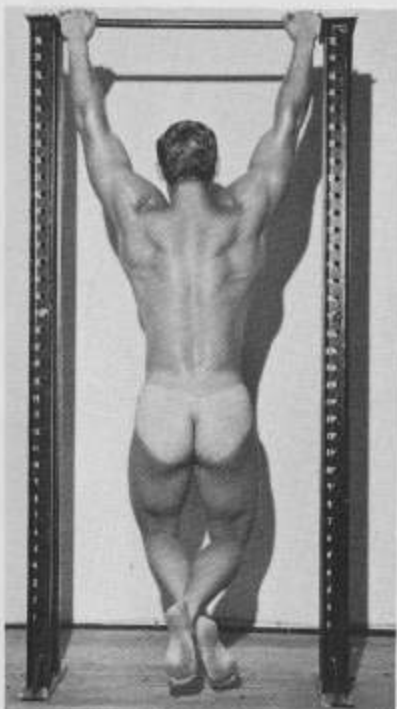


2. THE CORRECT LIFTING POSITION advocated by authorities is illustrated here. Note that the legs are bent at the knees and the back is held flat. The arms are locked at the elbows and remain thus during the lifting. As the object is lifted, the legs straighten while the back remains flat and assumes a perpendicular position. This method of lifting places the strain on the legs and thus prevents possible abdominal and spinal injuries.

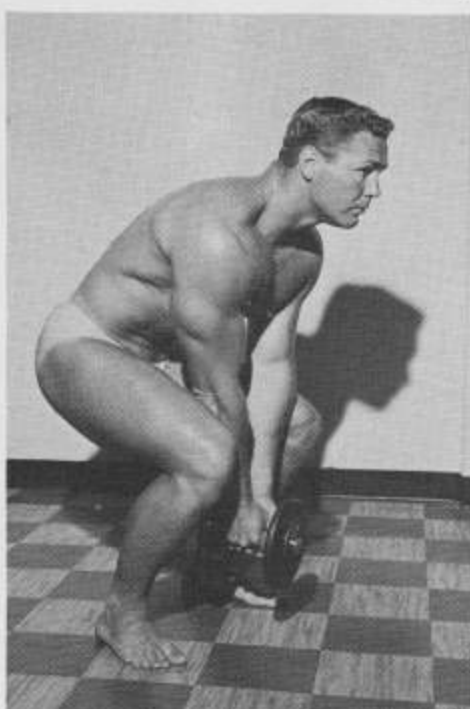


5. THE GOOD MORNING EXERCISE is very good for promoting back flexibility but care must be taken to prevent the back from bowing. With a broom handle across the shoulders as shown in Fig. A, exhale and bend forward at the hips until you reach position in Fig. B. Then, inhale as you return to the erect position. Start with 4 counts and gradually increase to 10 as you progress.

6. THE BENT DEAD LIFT is best done with a barbell or a long bar. Two partially weighted buckets can also be used to be held outside the thighs. With weights in hands, stoop forward by bending at the hips and knees, but keep the back flat as shown in Fig. A. Then keep-



3. THE SPINE RELAXER is done by hanging from a bar as illustrated. A piece of one inch galvanized pipe installed, so it cannot turn in a doorway, garage or basement will be convenient and useful to the entire family. At first, it is best to just hang and relax and stretch the body for a few seconds. As your strength increases, the hanging can be prolonged and short swinging motions may be included. Be careful to prevent the hands from slipping by maintaining a firm grip at all times. This exercise can be done several times daily because it relaxes and relieves pressure on the vertebrae and thus will help retard the wearing of the spinal disks.



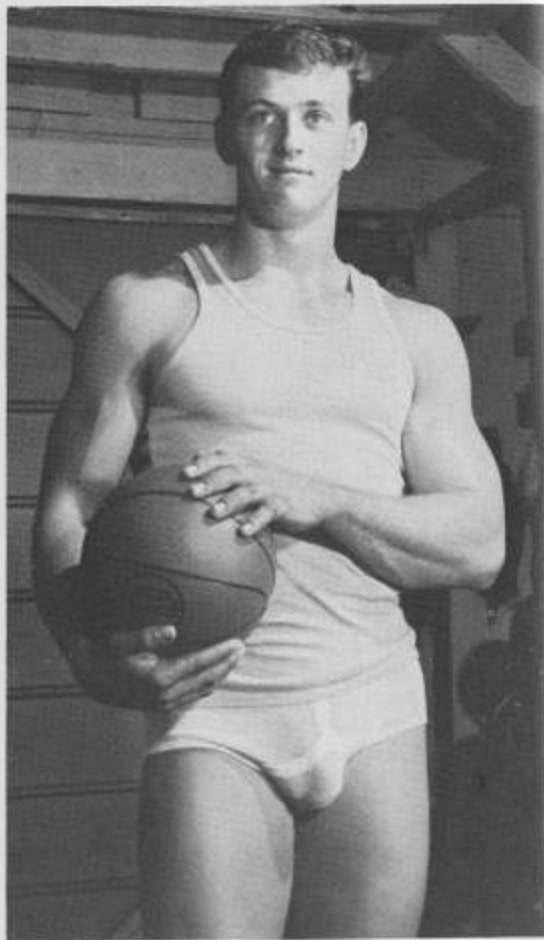
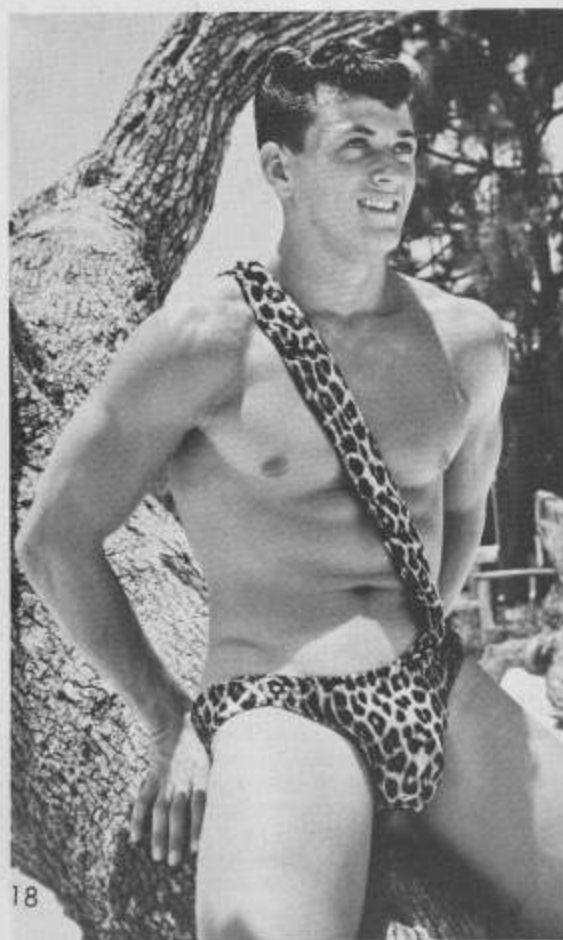
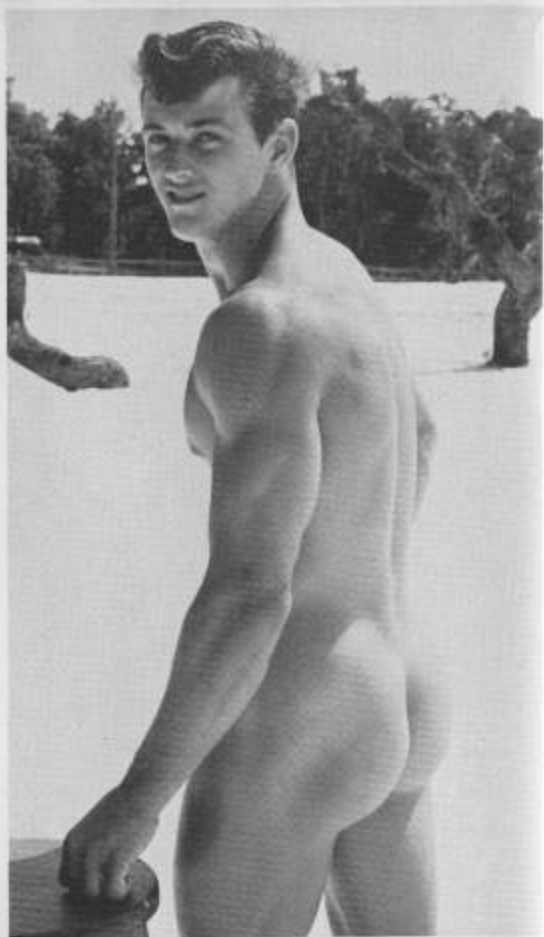
4. THE TWO HAND SWING will promote better all around circulation because vigorous motion of legs, arms and back is involved. Books, bricks or small dumbbells can be used for weights. With the weights clasped, bend the legs while keeping the back flat as in Fig. A. Now, keeping the arms rigid, inhale and raise the weights up and above the head, simultaneously straightening the legs to position in Fig. B. Start with 4 counts and increase to 10.



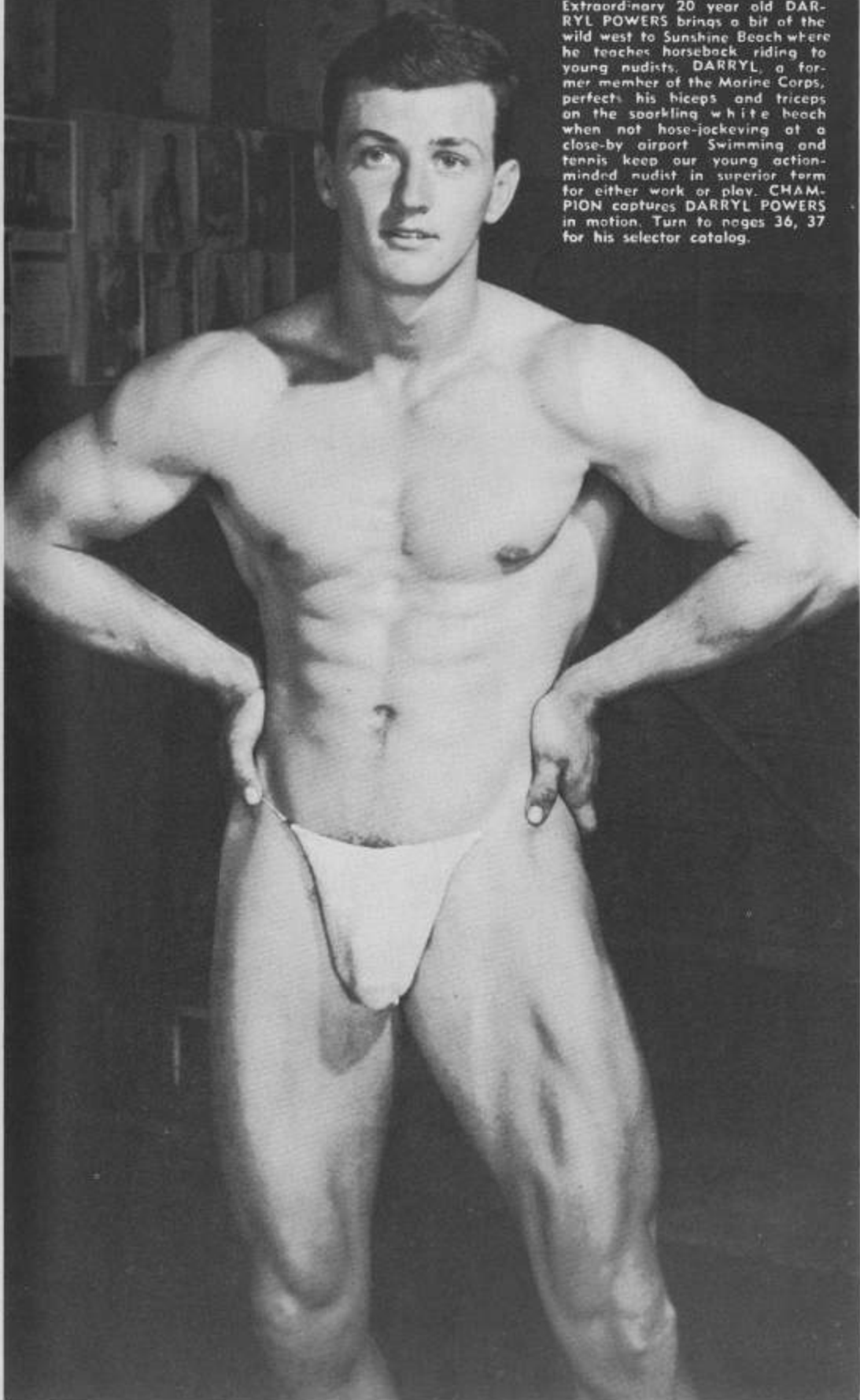
7. THE PRONE BACK RAISE strengthens all the muscles of the back and is best done on a table or high bench. The feet should be anchored by a belt or held down by a companion. Assume position illustrated in Fig. A, and raise the upper body as in Fig. B. Then repeat the movement for 3 counts and increase the counts as you gain strength. If this exercise seems a bit too difficult at first, it can be made easier by projecting less of the body from the table and thereby decreasing the bodyweight to be raised.



ing the arms locked, slowly raise the weights by straightening the legs until an erect position is reached. Then, lift up the chest and draw the shoulders back and down as in Fig. 8. Make the legs do the lifting as much as possible! Repeat the entire movement 4 times. Exhale while stooping and inhale while lifting weight up.



Extraordinary 20 year old DARRYL POWERS brings a bit of the wild west to Sunshine Beach where he teaches horseback riding to young nudists. DARRYL, a former member of the Marine Corps, perfects his biceps and triceps on the sparkling white beach when not hose-jockeying at a close-by airport. Swimming and tennis keep our young action-minded nudist in superior form for either work or play. CHAMPION captures DARRYL POWERS in motion. Turn to pages 36, 37 for his selector catalog.



**THE
BIG
VIEW**

DARRYL POWERS
by
Champion



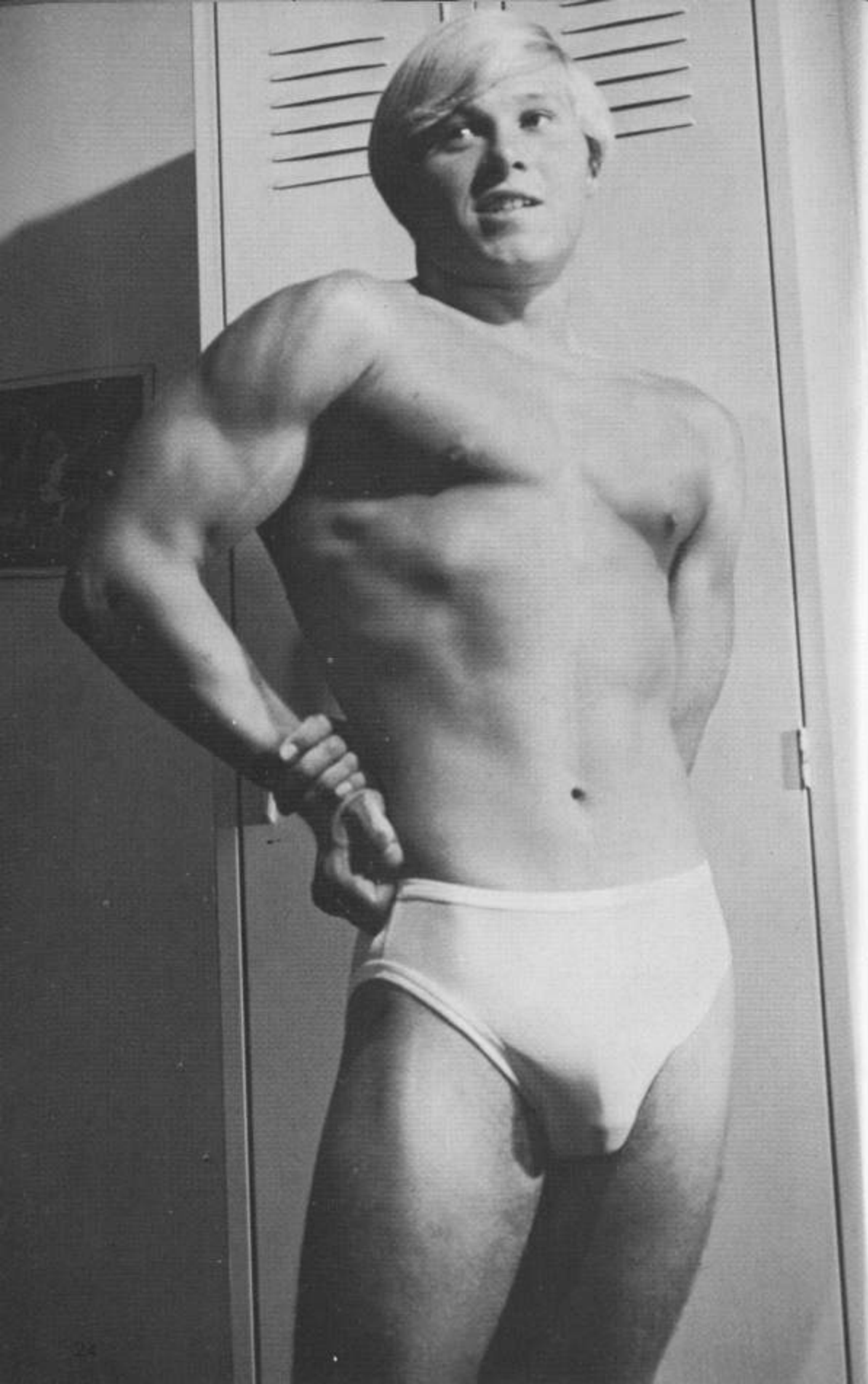


Chomplon makes a BIG discovery! Here is DWIGHT KASSEL, a naturally blond, blue eyed, 18 year old surfer from San Diego. After classes at a junior college, Dwight rushes over to the gym for some rough body contact sports. This dynamic young man also practices nudism on his catamaran far out at sea. Dwight is a powerful swimmer and earns his mad money life guarding at a popular California beach.

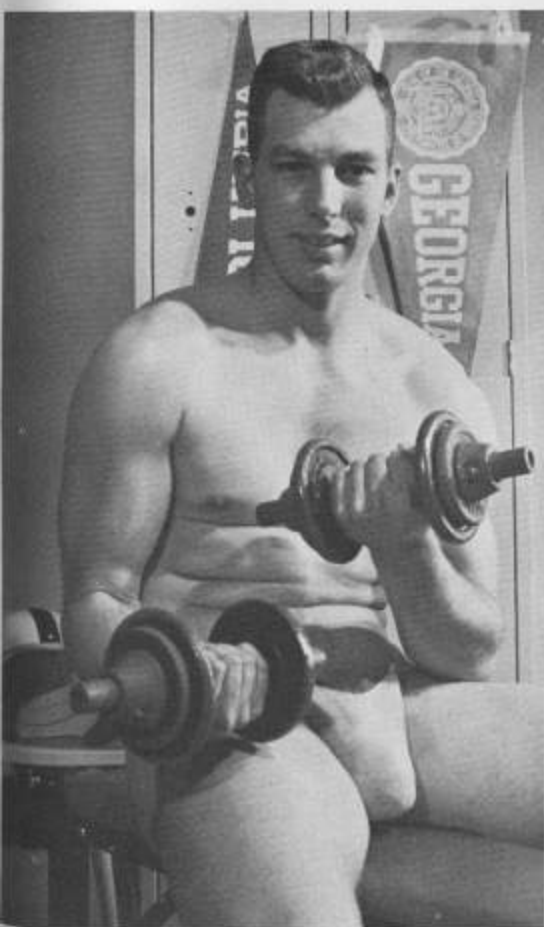


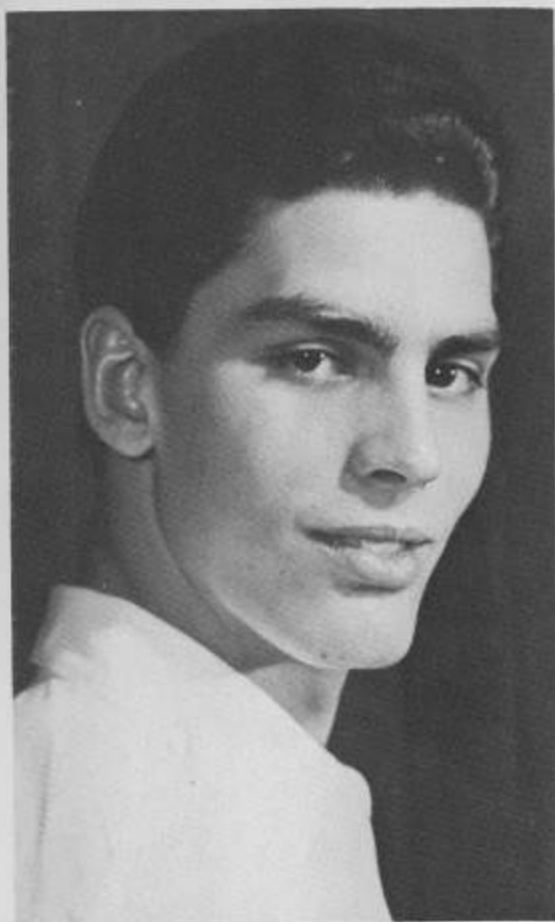
DWIGHT KASSEL by Champion



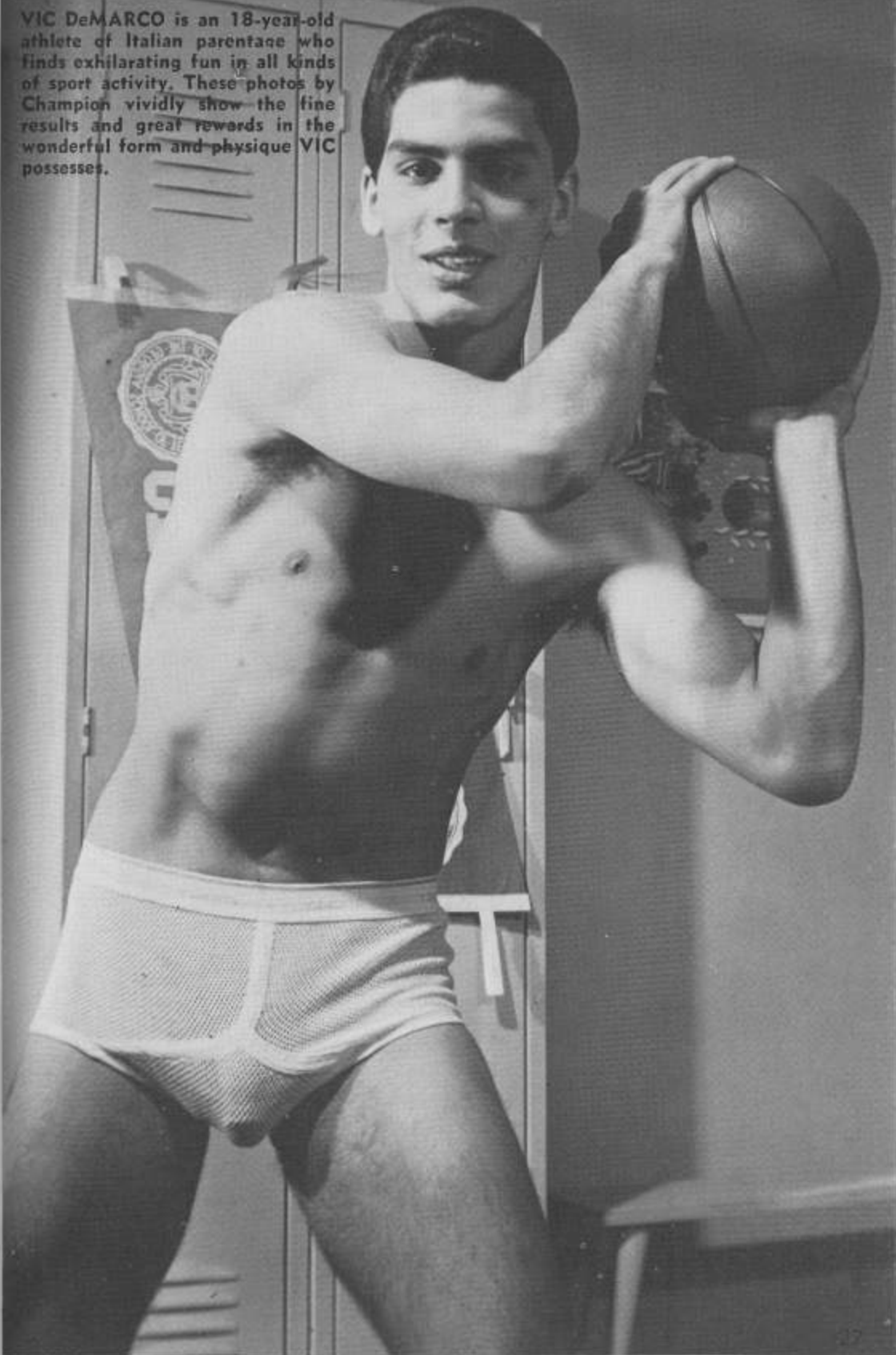


ED TURNER
by Champion





VIC DeMARCO is an 18-year-old athlete of Italian parentage who finds exhilarating fun in all kinds of sport activity. These photos by Champion vividly show the fine results and great rewards in the wonderful form and physique VIC possesses.

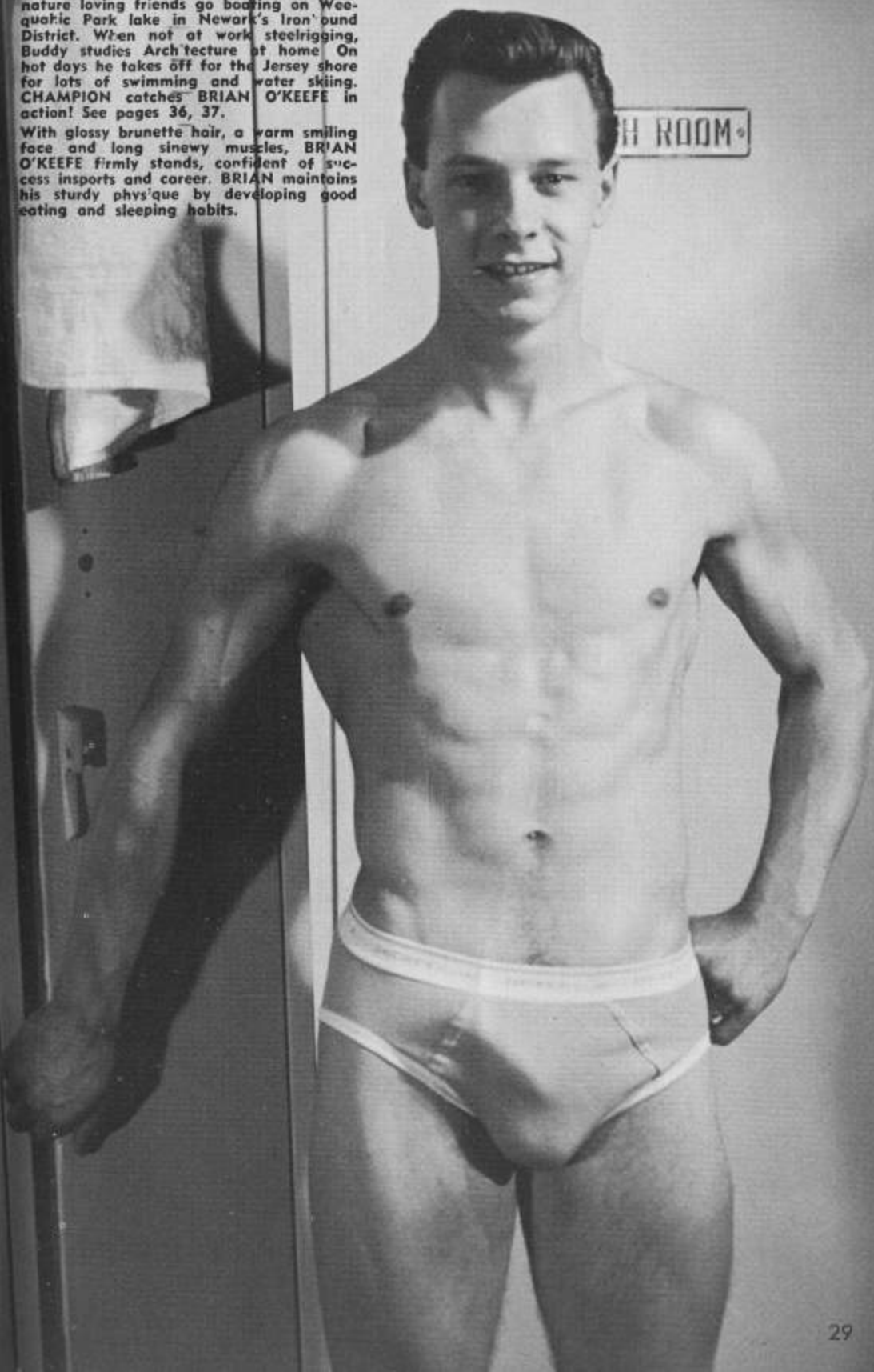




A vital 19 year old, BRIAN O'KEEFE knows that working with dumbbells is an excellent way of exercising in a small space. BRIAN has a buddy assist him when he does sit-ups. After a session, he and his nature loving friends go boating on Weequatic Park lake in Newark's Ironbound District. When not at work steelrigging, Buddy studies Architecture at home. On hot days he takes off for the Jersey shore for lots of swimming and water skiing. CHAMPION catches BRIAN O'KEEFE in action! See pages 36, 37.

With glossy brunette hair, a warm smiling face and long sinewy muscles, BRIAN O'KEEFE firmly stands, confident of success insports and career. BRIAN maintains his sturdy phys'que by developing good eating and sleeping habits.

H ROOM



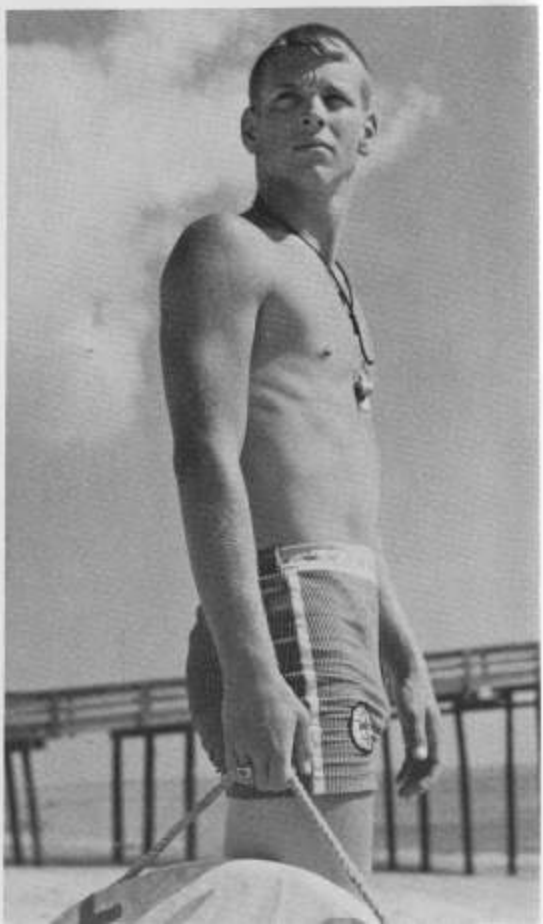
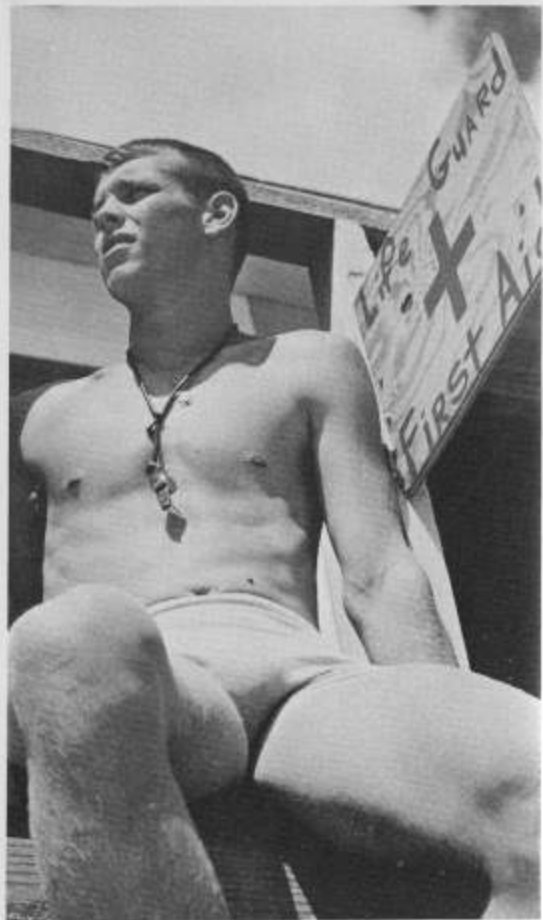


Young trailblazing **BUDDY HOLLAND** hits the bullseye again as he keeps his action physique in top condition at a deserted mountain lake. Operating a ham radio from his mountain top cabin, Buddy keeps in touch with fellow radio buddies. Buddy tells us that he is in tune with Nature up on the mountain and doesn't want to return to civilization. For more Buddy Holland, see his selector catalog by Champion. Pages 36, 37.

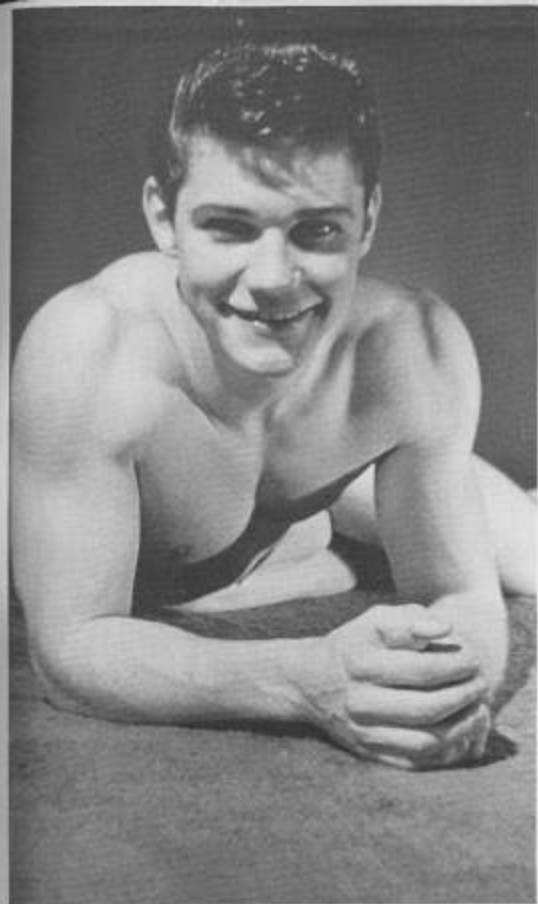




MARK STERLING tinkers with almost anything but his greatest pleasure comes from tempting danger. An avid race enthusiast, he courts thrill and death on the drag racing strip. We first noticed him while he was scrimmaging on his local football field. His playing was so rough that he was finally carried into the locker room with his uniform all but ripped off. We interviewed him as he showered and learned that he hoped someday to be a popular model in the Chem-pain lineup. Only 18, we're sure he will be.



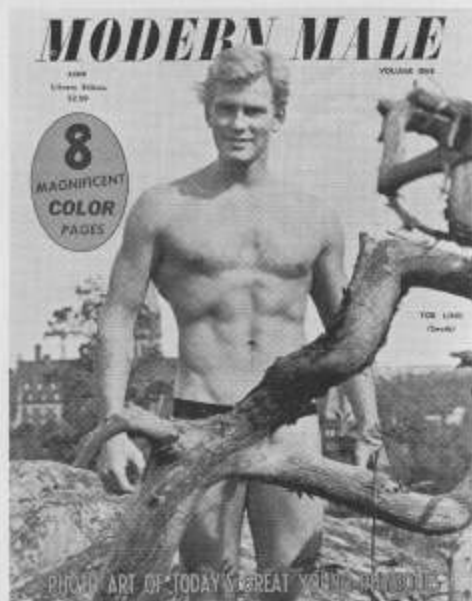
Teen-age **TOM STORY** is a Southern farm boy who supplements his college tuition with spare time work around the farm, and on the weekends, as a lifeguard at a nearby sea resort. He loves the great outdoors and Nature.



18 year-old JOHN CONNERS is that type of esthetically good looking and personable model that should go on to no end of success. John is a further example which attests to: — CHAMPION is a studio of quality!



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BUDDY H.



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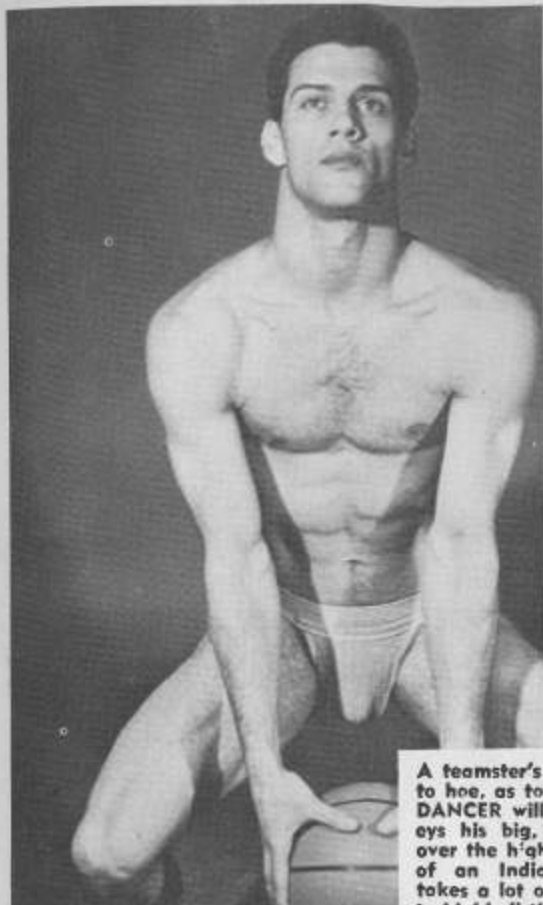
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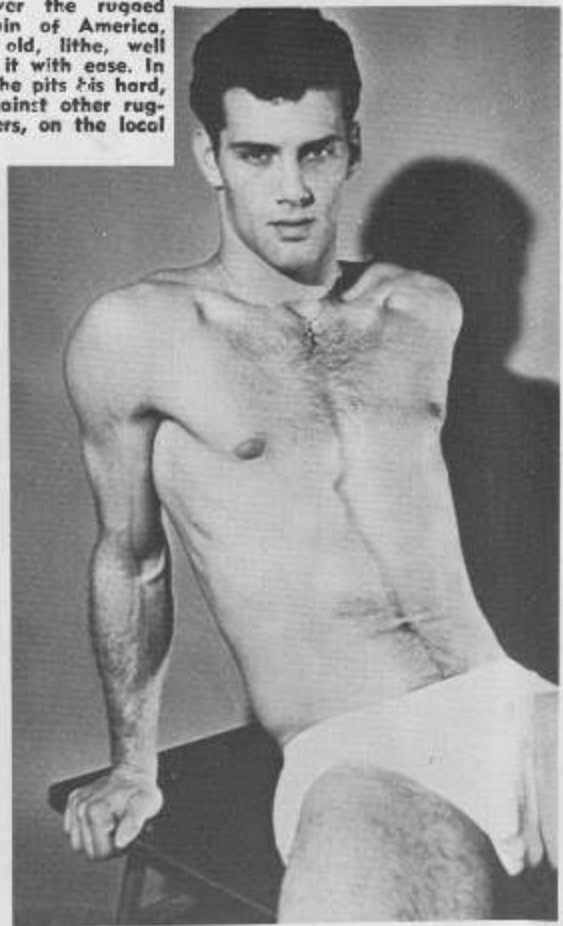
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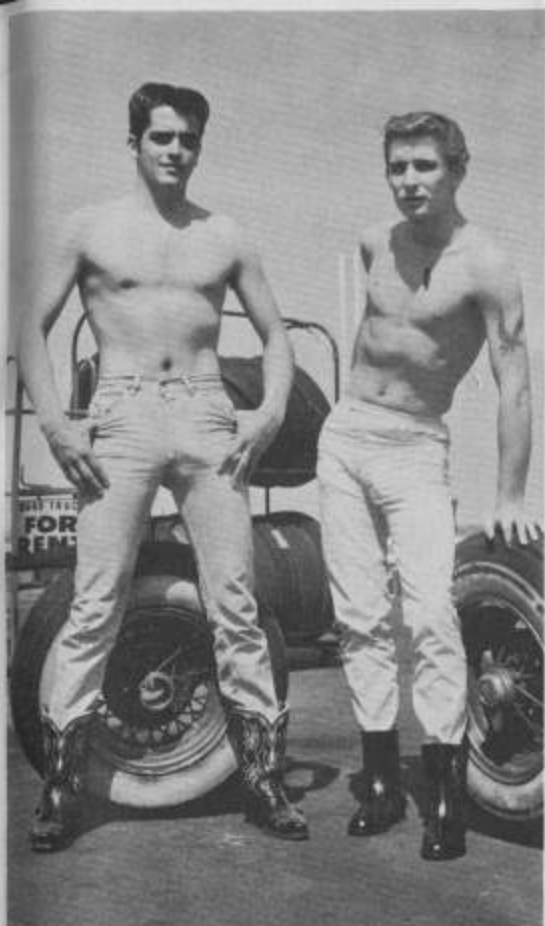


BUDDY R.



A teamster's lot is no easy row to hoe, as tough, muscular ACE DANCER will tell you. He jockeys his big, many-tonned rig over the highways with the skill of an Indianapolis driver. It takes a lot of meat and muscle to highball these enormous tractor trailers over the rugged mountain terrain of America, but, 21 year old, lithe, well built Ace does it with ease. In his spare time he pits his hard, 175 pounds against other rugged truck drivers, on the local football field.





Fresh from the country, **STUD** finally found a real pal — easy going **GUY TOWERS**, who got him a job in a filling station. Stud didn't mind changing people's tires, giving them overhauls or running — when they barked: "Fill 'er up, boy!"

Then, one bright June day, in cruised **LANCE YORK**, looking like a prince in his spanking new **MG**. The temptation for some real fun was too great, so-o-o-o-o, off on a spree were three.

